

Nutrition Facts

10 servings per container

Serving size **2 scoops (90g)**

Amount per serving

Calories **400**

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 2.5g **13%**

Trans Fat <0.5g

Polyunsaturated Fat 12g

Monounsaturated Fat 2.5g

Cholesterol 0mg **0%**

Sodium 420mg **18%**

Total Carbohydrate 23g **8%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 40g **80%**

Vitamin D 3.9mcg 20% • Calcium 260mg 20% • Iron 9.8mg 50% • Potassium 930mg 20% • Vitamin A 177mcg 20% • Vitamin C 59mg 66% • Vitamin E 3.2mg 21% • Vitamin K 34mcg 28% • Thiamine 0.2mg 17% • Riboflavin 0.3mg 23% • Niacin 3.5mg 22% • Vitamin B6 0.3mg 18% • Folate 79mcg (DFE) 20% • Vitamin B12 0.8mcg 33% • Biotin 12mcg 40% • Pantothenic Acid 1.2mg 24% • Phosphorus 355mg 28% • Iodine 30mcg 20% • Magnesium 98mg 23% • Zinc 4.7mg 43% • Selenium 32mcg 58% • Copper 0.6mg 67% • Manganese 0.9mg 39% • Chromium 12mcg 34% • Molybdenum 39mcg 87% • Chloride 453mg 20% • Choline 118mg 21%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pea Protein, Ground Flaxseed, Brown Rice Protein, Tapioca Flour, Sunflower Oil Powder, Micronutrient Blend*, Natural Flavors, Organic Coconut Sugar, Medium-Chain Triglyceride Powder (from Coconut), Xanthan Gum, Steviol Glycosides, Green Tea Extract Powder, Kombucha Powder, Bacillus Coagulans MTCC 5856.

***Micronutrient Blend:** Potassium Citrate, Potassium Chloride, Calcium Carbonate, Sodium Chloride, Ascorbic Acid, Nicotinamide, Lutein, Calcium-D-Pantothenate, Lycopene, Pyridoxine Hydrochloride, Riboflavin, Retinyl Acetate, Thiamine Monohydrate, Zeaxanthin, Menaquinone-7, L-Methylfolate, Potassium Iodide, Ergocalciferol, Cholecalciferol, Cyanocobalamin.

Distributed by: Huel Inc., 45 Main Street, Suite 604, Brooklyn, NY, 11201, USA. Made in USA.

Black Edition Banana Flavor

Nutritionally complete protein
powdered food with natural flavors
and natural sweetener.

Making the perfect Huel:

1. Add 17 fl oz cold water to your shaker or fill to the line inside
2. Add 2 level scoops of Huel (90g / 400cal)
3. Shake hard for 10 seconds or until smooth



How many scoops do I need?



One scoop =
45g = 200cal



Two scoops =
90g = 400cal

Top tips:

- If you want to be precise, use scales to weigh your Huel
- Add ice cubes, or even try chilling overnight
- Too thick? Add more water
- Too thin? Use less water next time
- Using the internal grid will help make your Huel smoother
- Try plant-based milk instead of water for a creamier end result

Additional Facts: (per 90g serving): Omega-3 Fatty Acids 5.5g, Omega-6 Fatty Acids 5.0g, Medium-Chain Triglycerides (from Coconut) 1.1g, Epigallocatechin Gallate 39mg, Lutein 1.2mg, Lycopene 1.0mg, Zeaxanthin 0.1mg, Bacillus Coagulans MTCC 5856 10 million CFU, Green Tea Extract 128mg

Storage: Store in a cool, dry place. Once mixed with water either consume immediately or refrigerate for up to 24 hours and consume within 1 hour. Re-shake before consumption.

The Expiry and Lot are printed on the back of this pouch.



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Huel®

